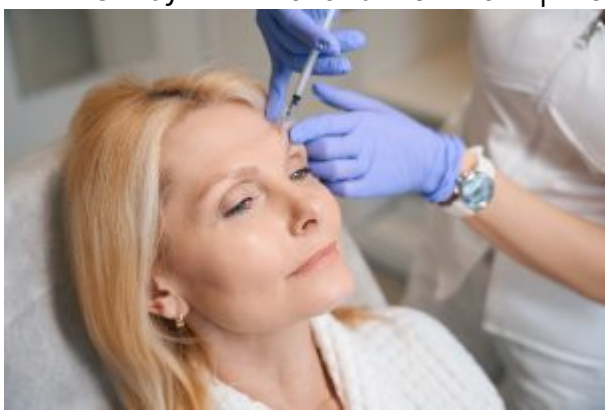
Q&A with Leyla: Botox and Other Fillers

written by Dr. Ronald Hoffman | November 5, 2026



A tragic case of rhabdomyolysis at the NYC Marathon; Advice for getting off antidepressants; Ways to prevent cognitive decline; Studies – remission of type 2 diabetes and reversal of fatty liver; Thoughts on Botox and other fillers; And more!

ENCORE: The Neuroscience of Retaliation: Conversations with Dr. James Kimmel

written by Dr. Ronald Hoffman | November 5, 2026



Why does revenge feel so addictive? Dr. James Kimmel, author of “The Science of Revenge,” reveals the mind’s hidden pathways and delves into the neuroscience behind revenge and its societal impacts. This episode might just change your perspective on justice. Check it out!

The Power of Fermented Foods: Enhancing Health and Longevity

written by Dr. Ronald Hoffman | November 5, 2026



Discover the power of fermented foods. Excited to welcome “Fermented” author Professor Tim Spector. He’s got cutting-edge science and practical advice on aging and disease management through optimizing your microbiome. Check it out!

Intelligent Medicine Radio for October 31: The “10,000 Step Rule”

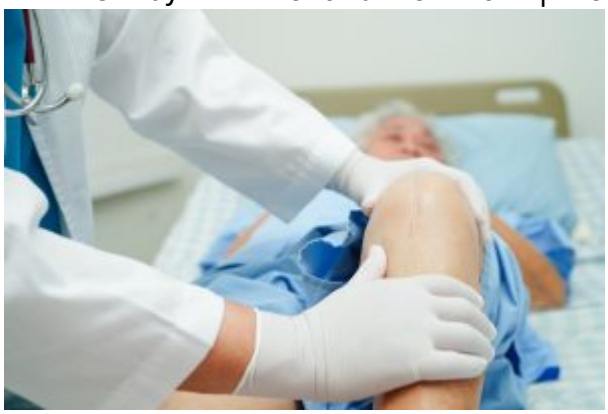
written by Dr. Ronald Hoffman | November 5, 2026



Bone density can be IMPROVED with the right combination of resistance and high-impact exercises; Hard-to-treat depression may stem from circadian rhythm disruptions; Creatine plus resistance exercise fends off menopause woes; The arbitrariness of the “10,000 step rule”; Exercise improves sleep—but so, too, does a healthy microbiome; And more!

Q&A with Leyla: Total Knee Replacement

written by Dr. Ronald Hoffman | November 5, 2026



Exercise training for bone health; I have chronic insomnia, and my doctor told me to avoid any supplements due to my pacemaker”; What supplements do you recommend for recovery from a total knee replacement? I have a family history of rheumatoid arthritis, how can I prevent this? And more!

The Neuroscience of Loneliness: Unpacking Social Connection

written by Dr. Ronald Hoffman | November 5, 2026



Is loneliness really the new smoking? Dr. Ben Rein, author of “Why Brains Need Friends,” details the effects of social isolation and the incredible benefits of friendship. Discover why social connections can actually be lifesaving and how loneliness impacts our health. Don’t miss it!

Building Stronger Bones: Harnessing Exercise for Osteoporosis Reversal

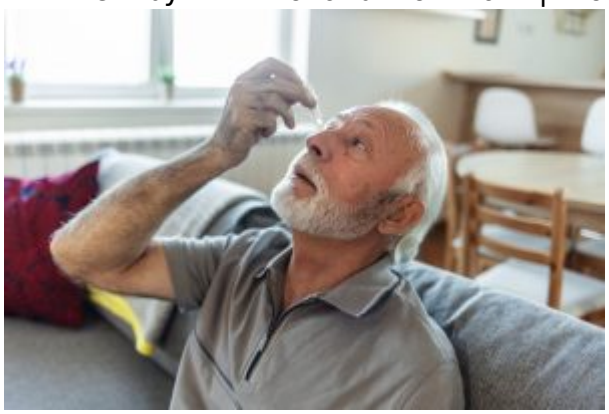
written by Dr. Ronald Hoffman | November 5, 2026



Explore the power of targeted exercise to combat osteoporosis. Professor Belinda Beck, founder of ONERO Academy, has groundbreaking research on osteoporosis and exercise. Learn how ONERO can renew bone density and protect your health. Check it out!

Intelligent Medicine Radio for October 24: Can eye drops dissolve cataracts?

written by Dr. Ronald Hoffman | November 5, 2026



Can eye drops dissolve cataracts to forestall surgery? Urolithin A notches gains for GI and heart health in new studies; The biggest mistake GLP-1 weight-loss medication users make; B12 alone, or taken with a B complex? 10 diets are put to the test, and which scored highest for staving off biological aging? When medications cause constipation; Overcoming fatigue after radiation treatment for cancer; And more!

Q&A with Leyla: Helpful Nutrition for Cancer

written by Dr. Ronald Hoffman | November 5, 2026



Pope Leo’s cancer diagnosis and treatment; Helpful nutrition for cancer; Increasing LDL but Zero calcium score, what does it mean? Does past candida mean you can’t take a supplement that contains baker’s yeast? Alleviating spinal stenosis; Creatine for increasing muscle strength; And more!

ENCORE: Redefining Movement for Injury-Free Athletics

written by Dr. Ronald Hoffman | November 5, 2026



Can your movement protect you from injuries? Sports journalist Henry Abbott, author of “Ballistic,” shares insights from elite training and how we can apply them in our everyday lives to extend our motion horizon.